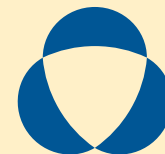




2013

Workplace Safety and Health

**Keeping Washington
Safe and Working
Through the Years**



Washington State Department of
Labor & Industries

Division of Occupational Safety and Health



Healthcare

Patient caregivers pride themselves on the high level of care they provide. Unfortunately, that care may involve the manual handling of patients, which can be hazardous for caregivers. Caregivers are at a greater risk of musculoskeletal injuries, particularly to the back. Contributing to the problem is that caregivers have gotten older and patients have become increasingly sicker and heavier.

With the passage of the hospital safe patient handling law in 2006, Washington State hospitals have implemented safe patient programs and are finding safer ways of moving and handling patients. Nurse Eric White and physical therapist Leslie Pickett of Swedish Medical Center use a sling to safely move Marianne Klaas.

DECEMBER 2012						
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FEBRUARY 2013						
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JANUARY 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Year's Day	2	3	4	5
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20	21 Martin Luther King, Jr. Day	22	23	24	25	26
27	28	29	30	31		

Weekly Safety and Health Tips

1. Where possible, install ceiling lifts to help move patients.

2. Establish a safe patient handling program and hold regular meetings to discuss patient handling events.
3. If you have a safe patient handling program, be sure to evaluate it regularly for effectiveness.

4. Ensure that proper bariatric equipment is available, accessible and used when needed.



Law Enforcement

Law enforcement officers work to protect and serve the public, but to do their job, they need protection, too. Most people are aware of the risk of violence officers face, but law enforcement officers also risk injury from moving vehicles at accident scenes, exposure to bodily fluids from injured individuals being detained, and pulls, strains and other injuries associated with physical

altercations. Over the decades, the arsenal of equipment to protect officers has grown to include more than just ballistic vests. Washington State Patrol trooper Guy Gill displays some of the protective gear and equipment he carries, including a high-visibility vest, gloves to protect against bloodborne pathogens, and highway safety cones.

JANUARY 2013							
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MARCH 2013							
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FEBRUARY 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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17	18 Presidents' Day	19	20	21	22	23
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Weekly Safety and Health Tips

1. When managing scenes near roadways, stay aware of traffic and other hazards or activity in the area.

2. Wear your high-visibility safety vest whenever possible.
3. Assume all human blood and bodily fluids carry infectious diseases and take precautions when facing potential exposure.

4. When providing first aid, have the injured person handle their own injury when possible to protect yourself from exposure.



Agriculture

Agriculture has long been one of the most hazardous industries nationally and in Washington State. Agricultural workers are exposed to a wide range of hazards from musculoskeletal injuries to pesticides and machinery. Workers, like the ones pictured above planting blueberries for Roy Farms, have seen improvements in the worker safety laws in the past 40 years, including ready

access to clean drinking water; high-visibility clothing to ensure they'll be seen by machinery operators; and Rollover Protection Structures (ROPS) and seat-belts for tractors. In 2008, Washington became the second state in the nation to enact an Outdoor Heat Rule.

FEBRUARY 2013						
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APRIL 2013						
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MARCH 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6 Agriculture Safety Day event info: www.wagovconf.org	7	8	9 WISHA signed into law in 1973
10 Daylight Saving Time Begins	11	12	13	14	15	16
17	18	19	20 First Day of Spring	21	22	23
24	25	26	27	28	29	30
31						

Weekly Safety and Health Tips

1. When working outdoors in hot weather, don't wait until you are thirsty before taking a drink. Stay well hydrated by drinking throughout your shift.

2. Train workers to safely operate and work around tractors and machinery.
3. Use only tractors with Rollover Protective Structures (ROPS) and always wear seat belts.

4. When using ladders, set them up securely. Use both hands when climbing and don't over-reach. Keep shoes and ladder steps/rungs dry and clean of mud, dirt, and fruit debris that can make them slippery.



Explosives

Quarry blasting, road construction projects, avalanche control, law enforcement, utility work, and even logging are just a few of the workplace uses for explosives, which have been regulated for many years at both the state and federal level. Prior to 1975, in the state of Washington, regulations focused on explosives used in mining. But given the significant hazard posed

by the use of explosives in the workplace, oversight of their use in other areas has grown to provide protection to workers in other fields as well. In this photo, Brad Knapper of Northwest Energetic Services hauls a box of high explosive boosters to a blast site at a rock quarry in Camas, Wash.

MARCH 2013						
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MAY 2013						
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APRIL 2013

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28 International Workers' Memorial Day	29	30				

Weekly Safety and Health Tips

1. Ensure all explosives are stored safely in a licensed magazine.

2. Develop a blasting plan that includes a pre-blast inspection of all nearby residences and a seismograph set up between the shot and the closest residence.
3. Use the personal protective equipment required to do the job safely, and make sure it's in good condition and worn properly.

4. Make sure those handling explosives are licensed to be using explosives by L&I and receive all the appropriate training for the job.



Commercial Driving

Tom Evans, a student at Bates Technical College’s Commercial Truck Driving program, makes sure to fasten his seat belt prior to an instructional drive. Since 2002, state law has mandated drivers wear seat belts, but many companies required it for their drivers even before the law took effect. Motor vehicle accidents have been a leading cause of work-related fatalities in Washington

State for several years. A seat belt helps keep you in place and prevents you from hitting objects inside the truck, such as the steering wheel or windshield. Unlike cars, commercial trucks don’t have supplemental restraint systems like air bags. Don’t risk death – always wear your seat belt.

APRIL 2013							
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JUNE 2013							
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MAY 2013

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5	6	7	8 Construction Safety Day event info: www.wagovconf.org	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27 Memorial Day	28	29	30	31	

Weekly Safety and Health Tips

1. Wear the shoulder belt over your shoulder and diagonally across your chest.

2. Wearing only a lap belt puts all the force on the lap belt, which can cause serious injury to internal organs.
3. Make sure your seat belt buckle snaps securely into the latch.

4. Regularly inspect the seat belt to ensure the webbing is not frayed.



Logging

Logging is historically one of Washington’s most hazardous industries, and “timber faller” is the highest-risk occupation in the U.S. Loggers risk injury from being struck by moving equipment, falling trees, and rolling logs. Many believe that injuries are inevitable, but over the years the industry has taken

steps to improve worker safety, such as the widespread use of protective Kevlar chaps like those worn by Dale Nelson of Tobin & Riedesel Logging to protect against errant chainsaws. The high-visibility vest he wears ensures he is seen by those operating the mechanized logging equipment.

MAY 2013						
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JULY 2013						
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JUNE 2013

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16	17	18	19	20 First Day of Summer	21	22
23 <div></div> 30	24	25	26	27	28	29

Weekly Safety and Health Tips

1. Pair new hires with an experienced worker.

2. Size up the lay of a tree before limbing and bucking.
3. Learn from near misses to understand what happened and how to avoid future incidents.

4. Communicate clearly with other workers – don’t assume anyone knows what you’re thinking.



Food Processing

Noise, chemicals and machinery are among the hazards workers in the food processing industry face on a daily basis. Workers also suffer from musculo-skeletal injuries due to the repetitive motion of some of the work. Historically, the industry has a higher than average injury rate in Washington with more

than 4,800 hurt on the job each year. But improvements have been made. Here, My-Linh Hua of Trident Seafoods wears protection for her hearing and garments to guard against both biological and chemical hazards.

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AUGUST 2013						
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JULY 2013

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Weekly Safety and Health Tips

1. Do not wear any loose clothing or jewelry that would get caught on running machines.

2. Ensure that only trained staff operate machinery.
3. Do not distract machine operators by touching them or calling them from behind.

4. Wear hearing protection when needed or required. Noise-induced hearing loss is permanent – it can’t be cured or improved.

5. Use appropriate foot wear.



Auto Body

Work in the auto body repair business often exposes employees to harmful substances, including airborne particles from grinding and sanding work, paint pigments, solvents and other materials. These substances can be breathed in, or in some cases, actually absorbed through the skin. As a result, workers in the auto body industry are at risk for developing asthma and other breathing

related problems. Decades ago, workers in this industry typically wore little more than a handkerchief to cover their mouths and noses. Today, auto body workers can protect themselves, like Brent Fessenden of Modern Collision Rebuild & Service.

JULY 2013						
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SEPTEMBER 2013						
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AUGUST 2013

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Weekly Safety and Health Tips

1. When painting, make sure every inch of skin is protected from exposure to the polyurethane paints and solvents.

2. Use a full-face respirator for the best protection while spray painting. Half-face respirators do not always provide enough protection against certain substances.
3. For best protection, wear thick, 8 mil nitrile gloves while spray painting and butyl rubber gloves when cleaning paint guns. Latex gloves do not protect against polyurethane paints or solvents, and are therefore not cost effective.

4. Keep spray booths well maintained. Missing, torn, or blocked filters may seem minor, but can create unwanted turbulence, affecting both job quality and your exposure to chemicals.



Building Inspections

When the public sees someone dangling off the side of a building, most expect that person to be a window washer. But other industries also sometimes require workers, such as Ryan Gregory, a building inspector with RDH Building Sciences, to work suspended from heights. Over the past 20 years, innovations in custom-engineered personal fall protection systems along

with advanced testing have produced fall protection products designed for ease of use and comfort. These improvements, together with new safety regulations, have made significant inroads in preventing fatal falls and injuries in workplaces nationwide.

AUGUST 2013						
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OCTOBER 2013						
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SEPTEMBER 2013

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1	2 Labor Day	3	4	5	6	7
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15	16	17	18	19	20	21
22 First Day of Fall	23	24	25 62 nd Governor's Industrial Safety and Health Conference, Tacoma	26	27	28
29	30					

Weekly Safety and Health Tips

1. Select, wear and use the most appropriate fall protection for the task.

2. Choose a fall protection harness that fits correctly and is designed for a weight range that includes you and your tools.
3. Make sure all rope used with a boatswain’s chair has a minimum breaking strength of 5,000 lbs.

4. Inspect your fall protection equipment for defects before you use it.



Manufacturing

The growing use of machinery in manufacturing has reduced some of its physical demands but exposes workers to other hazards, such as being caught in, under or between machinery. To protect workers, it is important that machine guards be maintained in good condition and adjusted properly. Employees should be trained to keep loose clothing, jewelry and long hair away

from moving parts and wear the appropriate personal protective equipment, like hard hats, eye protection, hearing protection, hand protection and proper work boots. Traci Habenicht is wearing typical workplace safety gear for her work at Seaport Steel, a steel wholesaler in Seattle. Traci is using a band saw on aluminum pipe to be used in framing a ferry boat.

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NOVEMBER 2013						
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OCTOBER 2013

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13	14 Columbus Day Holiday: Washington State government open	15	16	17	18	19
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Weekly Safety and Health Tips

1. Ensure all moving machinery is properly guarded.

2. Remove equipment from service if you find it is not properly guarded.
3. Use the personal protective equipment required to do the job safely, and make sure it's in good condition and worn properly.

4. Make sure to have an effective lock out/tag out policy.



Public Utilities

Public utility workers are exposed to a wide array of serious safety and health hazards, with confined spaces among the deadliest. In recent years, utility workers have died or been badly hurt in confined spaces. To prevent similar injuries and fatalities, Washington State adopted the Confined Space Rule which outlines the requirements for safe entry into confined spaces.

These must occur before, during and after entry. Before entering this utility vault, Ed Main, of Olympia Public Utilities, dons a headset to communicate with an attendant stationed outside the vault, and wears a rescue harness attached to a lifeline so the attendant can pull him out in an emergency without entering himself.

OCTOBER 2013						
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DECEMBER 2013						
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NOVEMBER 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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3 Daylight Saving Time Ends	4	5	6	7	8	9
10	11 Veterans Day	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 Thanksgiving Day	29 Washington State Government Closed	30

Weekly Safety and Health Tips

1. Learn to identify confined spaces.

2. Do a hazard assessment of permit-required confined spaces. Workers who enter a confined space can be overcome by a lack of oxygen, contaminated air, electrocuted or trapped by machinery.
3. Learn to evaluate the potential rescue teams prior to entry. Calling 911 is not a sufficient rescue plan.

4. The rescue team must be available during a permit-required confined space entry and have the proper training and equipment for the job.



Asbestos

Asbestos is an extremely hazardous material that can lead to asbestosis, a potentially fatal lung disease, as well as mesothelioma and lung cancer. It can still be found in a variety of common building materials like pipe insulation, vinyl tiles, and popcorn ceilings. Since the 1970s, permissible exposure limits have

been continually lowered as evidence of asbestos hazards continued to mount and is now set at 0.1 fibers per cubic centimeters of air. Removal of asbestos requires training, certification, engineering controls and the proper protective gear, such as the suit Jeff Hanson, with FS&GS Services, is wearing.

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JANUARY 2014						
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DECEMBER 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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8	9	10	11	12	13	14
15	16	17	18	19	20	21 First Day of Winter
22	23	24	25 Christmas Day	26	27	28
29	30	31				

Weekly Safety and Health Tips

1. Learn how to recognize asbestos.

2. Steer clear of asbestos debris unless properly protected.

3. Do not collect samples without proper protection and training.
4. Get a good faith inspection report from the property owner before undertaking any construction, renovation, remodeling, maintenance, repair or demolition project.

For employers

- Get a free safety and health consultation. L&I consultants can help you prevent workplace injuries and illnesses and even save money on your workers’ compensation premiums. A consultant can visit at your convenience and:
- Explain the safety and health rules for your business.
 - Review or help develop your required safety and health programs.
 - Provide a risk assessment and offer suggestions for effectively managing claims.

Consultants will not cite you for safety or health hazards, but will give you time to fix the hazard(s)

and help you with correction options. For more information, visit www.SafetyConsultants.Lni.wa.gov or call the L&I office nearest you.

For workers

Although you must follow the safety and health rules that apply to your job, everyone has the right to a safe and healthy workplace.

If you notice a safety or health hazard at your worksite, tell your employer. If your employer fails to take action, you can contact L&I. Your employer cannot discipline you or retaliate against you in any way for notifying L&I about a hazard or for filing a complaint. Learn more about your rights at www.WorkplaceRights.Lni.wa.gov (click on Complaints/Discrimination) or call 1-800-423-7233.

Free safety and health workshops

If you’re unsure how to fill out an OSHA-300 form, dread creating your own Accident Prevention Plan or aren’t certain how a respirator should fit, consider attending an L&I workshop.

L&I offers free workshops on a variety of subjects all year long at most of the agency’s 20 offices. Topics cover such hazards as lead, outdoor heat, back injuries, and falls while other workshops discuss how to develop a safety committee, the basics of accident investigation or provide a general introduction to L&I for small businesses.

A workshop schedule is available at www.Lni.wa.gov/Safety/Traintools/Workshops or by calling your local L&I office.

Workplace safety and health services at everyone’s fingertips

- **A to Z Topics:** Instant access to a wide range of topics, plus rules and research: www.Lni.wa.gov/Safety/Topics/AtoZ .
- **Online Training:** Courses, training kits, workshops and more. Take a look: www.Lni.wa.gov/Safety/TrainTools .
- **Safety and Health Video Library and Resource Center:** General and industry-specific safety and health topics for Washington State employers and workers are available from the largest workplace safety and health video library in the country. The collection includes more than 1,100 titles. Find them at: www.Videos.Lni.wa.gov .
- **Free Publications and Posters:** Visit www.Lni.wa.gov/Safety/TrainTools/FormsPubs/ for a free copy of any poster required for the workplace and other safety and health publications.
- **Rules:** Find current laws, rules and policies at www.SafetyRules.Lni.wa.gov . For e-mails about new rules, changes, hazard alerts and other news, sign up at www.Lni.wa.gov/Main/Listservs/SafetyStandards.asp .
- **Spanish:** Visit www.Lni.wa.gov/Spanish for L&I’s Spanish-language website. Safety videos in Spanish are at www.Videos.Lni.wa.gov under the “Videos available in Spanish” link. For posters and other publications in Spanish, go to www.Lni.wa.gov/FormPubs and type “Spanish,” into the search box.



Keeping Washington Safe and Working Through the Years.

Celebrating 40 years of the Washington Industrial Safety and Health Act!

Washington’s own occupational safety and health program was established by the state legislature in 1973 with the passage of the Washington Industrial Safety and Health Act (WISHA).

Prior to WISHA, Washington State had a long history of public service dedicated to worker protection going back to our state constitution in 1889, which called for laws to protect workers in mines, factories and other dangerous occupations.

The milestone WISHA law extended safety and health protections to nearly all employers and employees in the state and gave L&I the authority to operate its own state safety and health program equivalent to the federal OSHA program, plus adopt and enforce safety and health regulations unique to our state.

L&I’s Division of Occupational Safety and Health (DOSH) is the part of the agency responsible for educating businesses and workers about safety and health hazards, investigating workplace fatalities and other major incidents, and enforcing the state’s workplace WISHA laws through workplace inspections.

In the 40 years of WISHA, L&I has adopted regulations and strategies to address the needs and challenges of changing industries and workplaces in our state. We work in partnership with business, labor, institutions and other government agencies to save workers’ lives and help prevent workplace injuries and illnesses.



Gov. Dan Evans signs WISHA bill into law March 9, 1973

Call the L&I Office nearest you

Workplace safety and health specialists from L&I’s Division of Occupational Safety and Health (DOSH) are available to assist you.

Aberdeen	360-533-8200
Bellevue	425-990-1400
Bellingham	360-647-7300
Bremerton	360-415-4000
East Wenatchee	509-886-6500 or 1-800-292-5920 (E. WA only)
Everett	425-290-1300
Kelso	360-575-6900
Kennewick	509-735-0100 or 1-800-547-9411
Moses Lake	509-764-6900 or 1-800-574-2285 (E. WA only)
Mount Vernon	360-416-3000
Port Angeles	360-417-2700
Pullman	509-334-5296 or 1-800-509-0025
Seattle	206-515-2800
Spokane	509-324-2600 or 1-800-509-8847
Tacoma	253-596-3800
Tukwila	206-835-1000
Tumwater	360-902-5799
Vancouver	360-896-2300
Yakima	509-454-3700 or 1-800-354-5423

Keeping Washington Safe and Working Through the Years

The Washington State Department of Labor & Industries would like to thank the following businesses for graciously allowing us to photograph their work sites. Featuring real Washington State businesses and employees brings home the theme of the 2013 Workplace Safety and Health Calendar: Keeping Washington Safe and Working Through the Years.

<i>Photo Month</i>	<i>Company</i>
January	Swedish, Seattle
February	Washington State Patrol, Olympia
March	Roy Farms, Moxee
April	Northwest Energetic Services, Chehalis
May	Bates Technical College, Tacoma
June	Tobin & Riedesel Logging, Aberdeen
July	Trident Seafoods, Seattle
August	Modern Collision Rebuild & Service, Bainbridge Island
September	RDH Building Sciences, Seattle
October	Seaport Steel, Seattle
November	Olympia Public Works, Olympia
December	F.S. and GS. Services, Puyallup



This calendar lists federal holidays and/or the days the federal holidays are observed in 2013.

Note: Washington State government is open on Columbus Day and closed the day after Thanksgiving.



Washington State Department of
Labor & Industries

Division of Occupational Safety and Health

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Division of Occupational Safety and Health



www.Lni.wa.gov/Safety



1-800-423-7233